

## A LETTER FROM A PROUD MOTHER IN PRAISE OF DR. ANAND'S BOOK

*Hello! I'm Namrata, and the proud mom of a lovely baby girl called Navyaa. I have been meaning to write to you since she was born about a year ago (1st March 00), to thank you for your wonderful book — "The Penguin India Guide to Child Care".*

*I have lived in a hostel ever since I was 16. I am an engineer - MBA and worked as a finance executive with P&G (South Asia Operations); I had very little experience/knowledge about babies when I got pregnant. That's when I got "The Book" (!) and it's made all the difference really, especially since both my husband's parents and mine live in cities other than where we do.*

*We currently live in London (since 6 months) and though we were initially terrified of the prospect of having to live alone with a little baby, we have achieved the greatest thing in our lives — our baby is going to be a year old next fortnight and she is a perfect angel — very happy, active, content and smiling most of the time. We have managed this despite our total lack of experience and the absence of our parents — largely because we had complete faith in your book. I still breastfeed her and despite pressure from elders, have not given her a bottle. I have rarely had to take her to a doctor, she's quite healthy and this is why I wish to thank you.*

*Hope to meet you in person some day.*

*Sincerely,*

*Namrata*

Hyderabad/London  
February 6, 2001

**PRAISE FOR DR. R. K. ANAND'S**  
***The Penguin India Guide To Child Care***  
**PUBLISHED IN 1997**

First-of-its kind for Indian mothers and a must-have for any expectant mother.

*The Times Of India*

It is a book that every young mother-to-be would like to browse through at some point... Covers topics of interest — right from day one of conception to how to deal with teenagers.

*The Hindu*

A must for grandparents and parents, including those expecting parenthood and anyone interested or concerned with child care.

*Keemat*  
(The Newsletter Of The Consumer Guidance  
Society Of India)

A standardised easy-to-follow baby care and family guidance book written by one of India's leading paediatricians.

*Vimla Patil,*  
former editor of *Femina*

Dr. R. K. Anand, the Indian Dr. Spock, has arranged authoritative and personally-tested material simply, logically and comprehensively, which makes it a valuable supplement to the paediatrician's supervision. Contemporary Indian parents need a book like this.

*Health & Nutrition*

The most in-depth Indian guide to baby care and bringing up children.

*Indian Express*

Very enjoyable and informative. Paediatricians can safely recommend this book to all those concerned with better child care.

*Dr. N. B. Kumta,*

President, Indian Academy of Paediatrics, 1991.

The content is excellent, the touch light, the humane tone of voice of the author comes through in the text. Altogether a thoughtful guide that may increase the happiness of families, now and in the years to come.

*Helen Armstrong,*

Lactation consultant, USA

Easy to read... It makes you feel as if the author is talking to you in person.

*Day View*

India's answer to Benjamin Spock of *Baby And Child Care* fame, the book addresses a wide range of concerns.

*The Telegraph*

One of the hundred greatest books of the century.

*Fountainhead*

(a chain of bookstores)

Listed as bestseller by Crossword, *Indian Review of Books*, *India Today*, *The Asian Age*, *Sunday Mid-day*, and *English Speaking Union Newsletter (ESU Newsletter)*.